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## HOLDING COURT

WITH HER FEARLESS STYLE OF PLAY, SABINE LISICKI PULLS OFF A PAIR OF BIG WINS TO LAND A SPOT IN THE WIMBLEDON SEMIFINALS

PAGE 13



## Bright lights, Forest City

Western University just got a little smarter with 10 international interns doing important scientific research

PAGE 2

## Sneak peek? More like sneak attack!

The days of the long buildup of hype for a new album are over. Now artists like Jay-Z just make 'em and drop 'em

PAGE 8

## Once more, with phyllo

Asparagus, red pepper and goat cheese wrapped in flaky phyllo is a delicious and easy alternative to peas and carrots

PAGE 11



Ken Coran speaks to supporters on Tuesday at the provincial Liberals' nomination meeting for the London West byelection. Coran has been tapped to represent the party, hoping to win the seat formerly held by Liberal Chris Bentley, who resigned in February. MIKE DONACHIE/METRO

# Candidate Coran insists he's loyal to Liberals

**Nominated to run in London West.** NDP candidate claims he backed her for coming byelection



MIKE DONACHIE  
mike.donachie@metronews.ca

The Liberals' candidate for the London West byelection acknowledged on Tuesday that he spoke to teachers on behalf of his NDP rival.

Since his candidacy was announced Friday, Ken Coran — who until Monday was president of the province's secondary-school teachers' union — has been dogged by insinuations about where his loyalties lie.

NDP candidate Peggy Sattler tweeted last week that she believed she had Coran's support. "I don't know what happened between then and now," she told Metro on Tuesday. "That's something Ken would have to address."

Asked why she thought Coran was a supporter, she said he told her he was. "He was working on behalf of my nomination. He was helping enlist teacher support for my

### The candidate

- Ken Coran moved to London from Thunder Bay in 1972.
- He attended Western University, studying immunology and, later, teaching.
- His teaching career included time at East Elgin and West Elgin secondary schools.
- He became president of the Ontario Secondary School Teachers' Federation in 2007.

nomination."

Queried about those assertions on Tuesday night, Coran said: "Did I say that Peggy Sattler would make a good candidate for the NDP? Yes, I did."

But he insisted he was and is loyal to the Liberals. The former coach and player for the Western University Mustangs likened his loyalty to that of a sportsman.

"When you put on a jersey, you fight for the team, and the team I believe in is Premier (Kathleen) Wynne and the Liberal party," he said.

The comments came min-

utes after Coran officially accepted the party's nomination for the byelection. Wynne is expected to drop the writ on Wednesday, scheduling it and four others across the province for Aug. 1.

Along with Sattler, Coran will face Tory Ali Chahbar and the Green Party's Gary Brown.

Speaking to party faithful on Tuesday, Coran said he's focused on jobs and on standing up for the riding at Queen's Park.

He and other speakers also emphasized his long membership of the party and 40 years as a London resident. With some humour, Coran said he is someone who speaks his mind, referring to his criticism of the party last year while campaigning for a better deal for teachers.

In his speech to supporters, Coran referred to "personal attacks," saying: "If they want to do that, they can go ahead and do that, but I'm focused on this campaign and I'm focused on creating opportunities for the families right here in London West."

Follow Mike Donachie on Twitter @Mike\_Donachie







Ana Solis, 20, from Mexico City, is one of a team of students visiting Western University this summer to take on in-depth research projects. She's pictured here in the Western lab where she's working. MIKE DONACHIE/METRO

# 'Reverse brain drain' brings bright minds

**Western.** Mexican student doing advanced cancer research

It's being called "a reverse brain drain," and it's bringing major opportunities for all involved.

Ana Solis, 20, from Mexico City, is one of the bright young minds visiting Western University this summer to join research projects as part of a special internship program and, for her, it's a big chance.

"I'm very excited about it because I think it's a great opportunity," she said.

It's big for Western, too, and maybe for breast-cancer patients across the world, be-

## Internal affairs

- The Mitacs Globalink internship program has 285 students in 32 Canadian universities this summer.
- Canada ranks sixth for international student recruitment, behind the U.S., U.K., Australia, Germany and France.
- Economic activity generated by international students totals about \$7.7 billion annually, according to Foreign Affairs and International Trade Canada.

cause Solis is making a valuable contribution to research

about the disease.

The aim is to obtain data from human patient samples and seek out the fine variances in DNA that could have led to their cancer.

Solis' role is in analyzing that data with various software programs, allowing the team to consider which variances have the highest potential as a cause of the disease.

Supervisor Eliseos Mucaki said: "Ana's getting a chance to get into a newer field which is really booming because of high (participation). That allows people to sequence more human genomes faster.

"She's going to be helping me with something we're developing that we're going to use many times in the future."

Solis, who has been in Lon-

don for three weeks, added, "Until now in my university I was working in a lab, but I wasn't working with real human data.

"I was working with bacteria, but now I can work with real human data and do real research.... Also, there is an opportunity to get to know another culture."

Western has welcomed 10 students from India, China, Brazil and other countries as part of the Mitacs Globalink internship research project. Its aim is to foster international links.

Each student works under a professor, with Solis guided by Peter Rogan, Canada Research Chair in genome bioinformatics and professor of biochemistry and computer science.

MIKE DONACHIE/METRO

## I am London

### Immigrants' stories to show city's diversity

The Forest City's diversity will be showcased in a new initiative with 10 people telling their remarkable stories.

I am London, an initiative of the London and Middlesex Local Immigration Partnership, is a social-media campaign showing the success of immigrants. It can be found at [immigration.london.ca](http://immigration.london.ca).

The people featured came from Nepal, Pakistan, Mexico, Ethiopia, Bosnia, China and other countries to build new lives. Each is telling his or her story on Facebook and Twitter from now through Aug. 16.

Among the 10 people selected is Emilie Crakondji, who was a student in Quebec when a civil war broke out in her home country, the Central African Republic, in 1997.

With refugee status, two degrees and four children, she overcame huge challenges to become executive director of the Carrefour des Femmes du Sud-Ouest de l'Ontario, a non-profit helping women overcome violence. Asked how she felt to be chosen as one of the 10 faces of immigration in London, she said, "I'm really happy, and I'm surprised at the same time.

"By choosing me it's kind of a recognition of what I'm doing in the community. It gives me courage to do more for people like me in the community."

Crakondji hopes the stories told through I am London will show more people that the city is "the best city in all of Canada" for immigrants to live, with many services for newcomers and lots of possibilities for settling and finding jobs and homes.

MIKE DONACHIE/METRO

## Investigation. Abduction suspect arrested

A 22-year-old London man was arrested on Monday in connection with the attempted abduction of a five-year-old girl on Sunday at the Gibraltar Trade Centre (1712 Dundas St.).

The incident occurred at about 5 p.m. when police allege the suspect, identified as Jeremy Sippel, took hold of the girl's hand and tried to lead her away. He let her go and fled the area when a witness intervened. A witness took a photograph of the man as he was

leaving on in-line skates.

Sippel was arrested without incident and has been charged with carrying a concealed weapon — described by police as a "flick knife" — and possession of a concealed weapon.

The weapons charges relate to his arrest and not the attempted abduction. No weapon was used during the incident at Gibraltar Trade Centre. The investigation is ongoing, police said.

SCOTT TAYLOR/METRO



A witness snapped this picture of a man accused in an attempted abduction on Sunday at the Gibraltar Trade Centre. CONTRIBUTED

## Shaken baby case. Sentencing pushed back

Sentencing has been delayed until Nov. 20 for a 23-year-old London man convicted of assault and manslaughter in the death of his infant son, Kurious George Rose-Desmanche.

Rourke Desmanche was found guilty in February after a lengthy trial that started in fall 2012. The 10-week-old died in 2010, several weeks after being found unrespon-

sive in his London home. Desmanche was originally scheduled for sentencing on Tuesday.

Medical experts testified during Desmanche's trial that the baby died from being shaken. The official cause of death was a traumatic head injury.

Desmanche was arrested in Regina, after being on the run for two weeks. METRO



Marinus Lamers, 59, nears the Dufferin Avenue finish line of his 59-kilometre run for charity on Tuesday. SCOTT TAYLOR/METRO

# Lerners lawyer dedicates run to local youth

## Personal record.

Marinus Lamers runs 59 kilometres to mark his 59th birthday



SCOTT TAYLOR

scott.taylor@metronews.ca

It was a birthday Marinus Lamers will never forget.

The 59-year-old Lerners lawyer ran his age in kilometres Tuesday to make sure some hungry young people get a chance to eat.

Lamers hardly looked the worse for wear as he crossed the finish line outside his Dufferin Avenue office a little before 1 p.m. The final steps in his run — dubbed the 59for59forYOU — came

## Quoted

"I'm tired, but I'm also elated seeing all these people here."

Marinus Lamers

nearly eight hours after he stepped off from the same spot.

Colleagues, family and friends lined the sidewalks and applauded as Lamers turned off Talbot Street, his salt-and-pepper hair and goatee matted with sweat.

After being honoured with a rendition of Happy Birthday, Lamers talked about the gruelling trek.

"I'm tired, but I'm also elated seeing all these people here," he said. "There are a few more people now than there were at 5 a.m."

By the time he finished, he estimated that about \$8,000 had been raised for Youth Opportunities Unlimited, which will use the money to make meals for its Youth Action Centre.

By the time everything is tallied, and last-minute donations trickle in, it's expected the total will surpass that.

"It went by really well," he added. "I ran 20 kilometres on my own and had people running with me, too."

Lamers has been training for months, but, remarkably,

## Birthday route

Lamers touched nearly every part of London during his Tuesday run.

- He stepped off from 85 Dufferin Ave. and went south on Ridout Street, where his 59-kilometre odyssey really started
- The southern-most point reached: Southdale Road
- Farthest north: Fanshawe Park West
- Farthest west: Boler Road
- Farthest east: Clarke Road

only took up running when he turned 50. He had run 50 kilometres in training, but, until Tuesday, that was his personal record.

Still, he doesn't see himself as anyone special. "There are a lot more inspirational runners than me out there," he said.

# Police report a busy Canada Day weekend on the roads

Motorists across Ontario tried to run, but they couldn't hide from provincial police during the Canada Day long weekend.

The OPP handed out more than 7,000 speeding tickets on Ontario roads, a 40 per cent

spike over the number issued in the same period last year.

However, there were only two fatalities involving motorists in OPP-patrolled jurisdictions. That's a drop from four in 2012.

Impaired driving charges also decreased, from 122 in 2012 to 98 this year.

Police publicized in the weeks leading up to the long weekend that they would focus on aggressive driving.

Along with speeders and drunks, they nabbed 308 people for distracted driving and 1,593 for seatbelt violations, a three-fold increase over 2012, when only 461 seatbelt charges were issued.

There were no fatal boat-

ing or all-terrain vehicle incidents on OPP-patrolled waterways and trails.

In London, police arrested eight people for impaired driving, compared to three in 2012.

Eight people were also nabbed for being drunk in a public place, a decrease of three from last year.

The total number of non-criminal offences issued, such as traffic and by-law infractions, was up only nine over last year to 462.

Liquor Licence Act offences dropped steeply from 50 in 2012 to just 16 this year.

Local numbers were gleaned from Friday until Tuesday and over the same



OPP handed out more than 7,000 speeding tickets this weekend.

time period last year.

Over the 2012 Canada Day weekend, the OPP laid a total of 8,763 charges for various traffic-related offences. This year also saw over 8,000 charges, though exact figures have not been made public.

SCOTT TAYLOR/METRO

# She ain't Teflon. McGuinty boat sinking Wynne: Poll

Premier Kathleen Wynne's honeymoon is ending thanks in part to her controversial predecessor, Dalton McGuinty, a poll suggests.

Wynne's Liberals have slipped behind the Progressive Conservatives, led by Tim Hudak.

The Tories are at 35 per cent to the Grits' 33 per cent, ahead of the New Democrats, led by Andrea Horwath, at 24 per cent, and Mike Schreiner's Greens at eight per cent.

Forum Research president Lorne Bozinoff said McGuinty's shadow appears to loom over Wynne. "I don't think he's been helping her, that's for sure."

"She can't shake that baggage," he said, adding Conservative attack ads tying Wynne to McGuinty are clearly having an

## About the poll

- Forum polled 1,037 Ontarians last week. Results are considered accurate to within three percentage points, 19 times out of 20.
- Questions included how McGuinty would be remembered. About one-third of respondents said it would be as "one of Ontario's worst premiers."

impact. The commercials highlight how the governing party spent at least \$585 million to scrap gas plants in Oakville and Mississauga to win five local seats in the 2011 election.

TORSTAR NEWS SERVICE

## Fatalities

There were two weekend fatalities reported by OPP:

- In Hastings Highlands, when a car rolled on its roof.
- Near Madoc, after a motorcyclist was hit.



## Flooding

Calgary Kisses  
concerts goodbye

Four blockbuster concerts scheduled for Stampede week in Calgary have been scrubbed because of flooding.

Stampede organizers say damage to the Saddledome arena has forced the cancellation of shows by Carly Rae Jepsen on July 10, Tim

McGraw on July 11, the Dixie Chicks on July 12 and Kiss on July 13.

Organizers say crews have been working hard to address electrical, water-quality and air-conditioning issues at the rink, which is home to the Calgary Flames.

They say all of the concerts need to be indoors and can't be moved to a different venue.

THE CANADIAN PRESS

## Child custody

Mom settles suit  
over poppy-seed  
drug test

A woman who had her newborn taken away because she failed a hospital drug test after she ate a poppy-seed bagel has settled a lawsuit over the case.

Lawrence County, Pa.'s

child-welfare agency and Jameson Hospital have paid \$143,500 US to settle the suit filed on behalf of Elizabeth Mort by the American Civil Liberties Union of Pennsylvania.

Mort alleged that the bagel she ate shortly before arriving at the hospital spurred a positive test for opiates in April 2010 that prompted the seizure of her daughter. THE ASSOCIATED PRESS

## Legislation

Irish lawmakers  
back emergency  
abortions

Ireland appeared on course to legalize abortion in limited circumstances as lawmakers voted Tuesday to support a bill that would permit a pregnancy to be terminated when deemed necessary to

save a woman's life.

The government's Protection of Life During Pregnancy Bill won overwhelming backing in a 138-24 vote.

Catholic leaders warned that the proposed law, which faces potential amendments this week and a final vote next week, was a "Trojan horse" designed to permit widespread abortion access in Ireland.

THE ASSOCIATED PRESS

# Morsi defiant as clock ticks down to ouster by military

**Egypt.** President says he won't step down in face of ultimatum

## Quoted

**"There is no substitute for legitimacy."**

Egyptian President Mohammed Morsi

The fate of Egypt's first democratically elected president hung in the balance Tuesday, hours before a deadline to yield to the demands of millions of protesters or see the military suspend the constitution, disband parliament and install a new leadership.

Embattled Islamist President Mohammed Morsi vowed not to resign, however, and he demanded that the powerful armed forces withdraw their ultimatum, saying he rejected all "dictates" — from home or abroad.

In a speech to the nation, he pledged to protect his "constitutional legitimacy" with his life and accused loyalists of his autocratic predecessor Hosni Mubarak of riding the current wave of protests to topple his regime.

Morsi, who at times angrily raised his voice, thrust his fist in the air and pounded the podium, warned that electoral and constitutional legitimacy "is the only guarantee against violence."

Morsi's defiant statement sets up a major confrontation between his Islamist supporters and Egyptians angry over what they see as his efforts to impose control by his Muslim Brotherhood as well as his failure to introduce reforms more than two years after the Arab Spring revolution.

His opponents say that he has lost his legitimacy through mistakes and power grabs and that their turnout on the streets shows the nation has turned against him.

THE ASSOCIATED PRESS



Supporters of Egypt's Islamist President Mohammed Morsi hold sticks and wear protective gear during training outside of the Rabia el-Adawiya mosque near the presidential palace in Cairo on Tuesday. Across town, Morsi's Islamist backers have hunkered down at their own rally site, vowing to resist what they depict as a threat of a coup against a legitimately elected president. AMR NABIL/THE ASSOCIATED PRESS

## Cairo

Canadian  
Embassy  
closed

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters demanding the ouster of President Mohammed Morsi.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives," Roth wrote.

THE CANADIAN PRESS

# Cop suspected in gang rape arrested after outcry



In this TV footage distributed on Tuesday, tear gas is fired at angry residents storming the police headquarters Monday night in the town of Vradiyevka, Ukraine. Locals were furious after authorities failed to detain one of two police officers implicated in a gang rape. TV UKRAINE VIA APTN/THE ASSOCIATED PRESS

A police officer suspected in the brutal gang rape of a woman in Ukraine was detained Tuesday after protesters stormed and burned a police station in southern Ukraine in anger over the authorities' reluctance to place him in custody.

Residents of Vradiyevka, some 330 kilometres south of Kyiv, smashed windows, broke doors and set fire to the building late Monday, while police fought back with tear gas. The protests continued Tuesday.

The case has caused widespread anger among Ukrain-

## Fallout

**Two senior regional police officials and a prosecutor have been fired for failing to properly respond to the crime.**

ians, who say that corruption, lawlessness, and the impunity of government officials and their wealthy friends have increased markedly since President Viktor Yanukovich came to power three years ago.

It has also prompted an outcry among opposition lawmakers.

Officials finally caved in to public pressure and detained the officer late Tuesday, according to an Interior Ministry spokesman. A court was to decide whether to keep him under arrest or to release him on bail or a pledge not to leave his place of residence.

The victim, a 29-year-old local woman, was returning home from a bar last Wednesday when she says she was shoved into a car, driven to the woods, raped and savagely beat-

en by two policemen, aided by a driver. The woman remains in the hospital in serious condition, having sustained multiple fractures to her skull and bruises all over her body.

One of the suspected police officers and the alleged driver of the vehicle were detained earlier, but officials were reluctant to apprehend the second suspected policeman, who claims he was on duty at the local police headquarters when the crime happened.

The victim says the officer is lying. THE ASSOCIATED PRESS



An RCMP photograph of pressure cookers they say two people intended to use as explosive devices. DARRYL DYCK/THE CANADIAN PRESS

# Canada Day bomb plot foiled: RCMP

**'Self-radicalized.'** Man and woman arrested, accused of planning to blow up B.C. legislature

Two Canadian-born citizens have been arrested in what the RCMP called an al-Qaida-inspired plot to blow up the B.C. legislature on Canada Day, officials with the force announced Tuesday, as they displayed photos of alleged pressure-cooker bombs reminiscent of the deadly Boston Marathon attack.

John Stewart Nuttall, born

## Allegations

**"They took steps to educate themselves and produce explosive devices.... They discussed a wide variety of targets and techniques."**

Assistant Commissioner Wayne Rideout of the RCMP

in 1974, and Amanda Marie Korody, born in 1983, were each charged with knowingly facilitating a terrorist activity, making or possessing an explosive device and conspiracy. They were arrested in Abbotsford on Monday, the RCMP said.

Assistant Commissioner Wayne Rideout said there was

no evidence to suggest the plot was connected to international terrorism, but he said investigators nonetheless believe the threat was real.

"This self-radicalized behaviour was intended to create maximum impact and harm to Canadian citizens at the B.C. legislature on a national holiday," Rideout told

a news conference in Surrey, B.C.

Assistant Commissioner James Malizia said the suspects were inspired by "al-Qaida ideology," though he said little about the motivation for the alleged plot.

"There is no evidence to indicate that these individuals had the support or were acting at the direction of a terrorist group, per se," said Malizia.

Rideout said the RCMP were in control during the investigation and ensured the alleged explosives could not be detonated.

THE CANADIAN PRESS

## NSA scandal. Venezuela may step up to give the 'brave' Snowden asylum

NSA leaker Edward Snowden's best chance of finding refuge may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

"Who must protect Snowden? This is the question. This young man of 29 was brave enough to say that we need to protect the world from the American imperial elite, so who should protect him?" Maduro asked journal-



Venezuelan President Nicolas Maduro THE ASSOCIATED PRESS

ists Tuesday evening. "All of mankind, people all over the world must protect him."

Another option for Snowden may be Bolivia, whose president also met with Putin during a summit of major gas exporters. President Evo Morales said in an interview with Russia Today television that Bolivia would be willing to consider granting asylum.

THE ASSOCIATED PRESS

## Chakra and state

### Judge at peace with yoga in class

A judge ruled Monday that a public school district can teach yoga, siding with administrators who argued the practice is a secular path to good health and rejecting parents' claim that yoga is inherently religious.

San Diego Superior Court Judge John S. Meyer emphasized that the classes removed all cultural references. The lotus position was renamed the "crisscross applesauce."

THE ASSOCIATED PRESS

## Vandalism trial

### Jurors balk at chalk charges

The mayor called the case "stupid," and a jury swiftly nixed vandalism charges for a man who wrote anti-bank slogans on San Diego sidewalks.

A Superior Court jury acquitted Jeff Olson on Monday, keeping him from a possible 13 years in jail and \$13,000 in fines.

Olson, 40, was charged with scrawling messages in water-soluble chalk outside Bank of America branches.

THE ASSOCIATED PRESS



Paul Farziano and Hava Samuels  
BEBETO MATTHEWS/THE ASSOCIATED PRESS FILE

## Disabled lovebirds move in

Who could blame Paul and Hava Forziano for celebrating Independence Day a few days early?

The mentally disabled newlyweds, who filed a federal civil-rights lawsuit against group homes that refused to let them to live together as husband and wife, held a moving-in party Monday at their new apartment after an-

other agency stepped forward to offer them space.

"We can be together all the time now," Paul Forziano said. Added his wife, "Happy, not sad."

Despite the happy developments, the lawsuit filed earlier this year will go on. The couple and their parents want a judge to order that all group homes in New York make fa-

cilities available for mentally disabled married couples.

"Gone are the days where parents are told a kid has a disability, institutionalize them and forget they ever existed," said Gus Lagoumis, director of programming at East End Disability Associates — operators of the facility the newlyweds now call home.

THE ASSOCIATED PRESS

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# U.S. dollar remains top dog of reserve currencies, while euro loses its lustre

**2012 report.** European debt crisis discouraged central banks from using euro for reserves

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady

growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's share was little changed at 61.9 per cent.

The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds. Lending across borders in the eurozone has dropped, dimin-



A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

ishing the liquidity that reserve holders like to see. Lower liquidity means there are fewer buyers and sellers readily found.

The eurozone countries have struggled with heavy levels of public debt — Greece, Portugal, Ireland and Cyprus have needed financial rescue and even large economies like Spain and Italy have worryingly high debt. Concern over that debt eased only after the European Central Bank came up with a plan to buy the government bonds issued by countries that promise to reform.

In its annual report on international use of the euro, the ECB also found that there was less borrowing in euros internationally by companies.

THE ASSOCIATED PRESS

## Exchange rates

### Why hold reserves?

Countries hold reserves of foreign currency so they can influence their own currencies' exchange rates in case they rise or fall too rapidly. They can do this by buying or selling currencies on foreign exchange markets.

The country issuing the reserve currency can benefit because demand from abroad

supports its exchange rate and can mean lower borrowing costs for the government, as has been the case with the U.S. dollar in its role as the leading reserve currency.

Demand for dollars in the form of U.S. Treasury bonds by other countries — such as China — helps keep down the interest rate that the U.S. government pays to borrow. Money that is not spent on interest can be spent on other things, or saved.

## Failure to launch. Russia's GPS equivalent crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV moments after its launch Tuesday, dealing another painful blow to the nation's space prestige.

The failure follows a long string of launch mishaps that could tarnish Russia's reputation and eventually cost it a share in the lucrative satellite launch market. It also hurt one of the Kremlin's pet projects,

the GLONASS satellite navigation system intended to serve as a Russian equivalent of the U.S. GPS system.

The Proton-M booster suffered an emergency shutdown of its engines 17 seconds into the flight and crashed some two kilometres from the launch pad in Kazakhstan, the Russian Space Agency said. Live footage showed the rocket tilt to one side, catch fire and crash in a giant fireball. THE ASSOCIATED PRESS

## Market Minute



**DOLLAR**  
94.80¢  
(-0.28¢)



**TSX**  
12,178.38 (+49.27)



**OIL**  
\$99.60 US (+\$1.61)



**GOLD**  
\$1,243.40 US (-\$12.30)

**Natural gas:** \$3.66 US (+8¢)  
**Dow Jones:** 14,932.41 (-42.55)



## Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release *An Astronaut's Guide to Life on Earth* in the fall. The book will be published by Random House Canada and will offer stories, lessons and experiences from Hadfield's time in space. Hadfield retired in May after serving as commander of the International Space Station. FRED CHARTRAND/THE CANADIAN PRESS

# Jewelry exec accused of breakfasting off Tiffany's



The exterior of Tiffany & Co. in New York City is seen in this file photo. A former vice-president of product development with the venerable jeweller is accused of taking 164 items from Tiffany and reselling them. GETTY IMAGES FILE

A former executive with Tiffany & Co. stole a little blue box bounty from the jeweller's midtown Manhattan headquarters and resold it for more than \$1.3 million US, federal authorities said Tuesday.

Ingrid Lederhaas-Okun was arrested Tuesday at her home in Darien, Conn. She was to appear later in the day in federal court in Manhattan to face charges of wire fraud and interstate transportation of stolen property.

As vice-president of product development, Lederhaas-Okun had authority to "check out" jewelry from Tiffany to provide to potential manufacturers to determine production costs. Authorities allege that after she left Tiffany in February, the company discovered she had checked out 164 items that were never returned.

According to a criminal complaint, the missing jewelry included "numerous diamond bracelets in 18-karat gold; diamond drop and

## Under the radar

- Authorities allege Ingrid Lederhaas-Okun purposely checked out items valued at under \$10,000 US apiece to avoid detection. The company takes a daily inventory of all checked-out items worth more than \$25,000 US.

hoop earrings in platinum or 18-karat gold; diamond rings

in platinum; rings with precious stones in 18-karat gold; and platinum and diamond pendants."

When confronted about the missing jewelry, Lederhaas-Okun claimed that she had left some of it behind at Tiffany and that some had been lost or damaged, the complaint said. But it also said an investigation found that Lederhaas-Okun resold the goods to an unidentified international dealer for more than \$1.3 million US.

THE ASSOCIATED PRESS



# HOW DID YOU NOT KNOW, JLO?

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid \$1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, \$1.5 million or no \$1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s-t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turk-



**JUST SAVIN'**  
**Paul Sullivan**  
metronews.ca

menistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian

newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

## ZOOM



NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

## Two dolls, one reality

### Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. **METRO**



Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. **NICKOLAY LAMM/MYDEALS.COM**

### Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm  
Artist and researcher

### Barbie vs. American girl

Waist 46 cm	Waist 79 cm
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Hips 84 cm	Hips 84 cm
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Bust 91 cm	Bust 81 cm
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### Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" **METRO**

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.**

### Outside Magazine:

**In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)**

### National Geographic:

**Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved**

THE ASSOCIATED PRESS



**out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)**

### Cronkite New Online:

**Preparing for the Worst: In an article dated June 30, Connor Radnovich spent time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)**

### Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in

principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

**Bruno Marquis, Gatineau, Que.**

### WE WANT TO HEAR FROM YOU:

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)

## Action



## The Lone Ranger

Director: Gregor "Gore" Verbinski

Stars: Johnny Depp

• • • • •

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption during the building of the railway's westward expansion through Native American territory, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer. Surprisingly nimble footed for a two-and-a-half hour epic, the movie is more violent than you might expect from a summer tent pole flick, but also provides laughs and a wild performance from Depp. **RICHARD CROUSE**

## Celebrity news

## Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes).

The pair were engaged in August.

**METRO**



# Jigga what? Jigga who? Jay-Z flipping the script

## Music business.

The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY

Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint. Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the personal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't



Jay-Z wants to change the way you get your music. GETTY IMAGES

exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet. They were so scared that, 'If we release something too quickly and we don't have the whole thing completely



Kanye West's new album cover.

under control then people are going to pirate this! But now it seems like no one cares. It's like, 'I have an album! Let's just get it out!'"

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world

## Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival. And Kanye West only made fans aware of last week's release, Yeezus, when he tweeted about it at the beginning of May. What these albums share is secret hard work behind the scenes, with a rushed approach and artwork that appears to just be dashed off the night before. Bowie's album cover is just a white square covering the album jacket for his 1977 album, Heroes. West's album cover is just a picture of a compact disc with a piece of red duct tape on the case.

at one time and letting them share it."

This sneak attack approach isn't exactly brand new. Mash-up artist Gregg Gillis built up a big word-of-mouth following with the 2006 Girl Talk album, Night Ripper. For the two Girl Talk albums that followed — 2008's Feed the Animals and 2010's All Day — he just quietly leaked them online and watched the reaction spread across the worldwide web like wildfire.

"Everyone gets to hear it at the same time, before reading any reviews or forming any opinions," says Gillis. "I think it's worked out great for me in the past, but for future releases, I have been actively thinking about giving it some short advance notice. Doing it in a strategic way can be helpful for giving it proper context."

So does that mean we can expect a new sneak attack from Girl Talk soon? If we told you, it wouldn't really be a sneak attack, would it?





Farrah Abraham ALL PHOTOS GETTY IMAGES

## Farrah Abraham enters rehab, world collectively rolls its eyes

Teen mom turned porn star Farrah Abraham is checking into a rehab facility in Florida to deal with her drinking problem, *Us Weekly* reports. She'll spend 10 days at the Lukens Institute in Palm Beach Gardens, Fla. "I'm 22 and I want to make better choices and ensure I can recognize when I am putting myself in a bad situation next time," said the "star," who

within the past year has made a slew of good decisions, like driving under the influence (for which she got a DUI) and starring in a porno with James Deen. But don't think running away to Florida is going to solve your problem, Farrah. If anything, being in Florida (in a place other than Disney World, natch) is only going to want to make you hit the bottle harder.



Ruben Studdard

## Ruben Studdard joins The Biggest Loser

Almost a decade ago, Ruben Studdard sang to us that he was "sorry for 2004," and now it looks like he's also feeling a little sorry for packing on the pounds. Indeed, the second American Idol champ is set to join the weight-loss juggernaut this fall, *People* reports. Studdard says his previous attempts at curtailling his obesity — he rang in at 455 pounds in 2006 — haven't gotten him very far before and that he's looking

to get healthy so he lowers his risk for high blood pressure, diabetes and heart problems. We could easily make a fat joke about this, but we love Ruben. Godspeed, good sir! But please, if you can, try not to go the Jonah Hill route — we all know how that turned out. A little chunkiness is OK by us. As long as he still keeps on enough chunk fto keep referring to him as "the velvet teddy bear," we're good.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Drake skips BET awards over feud with Chris Brown

MELINDA TAUB  
Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road. Drake and Chris Brown can't stand each other, and according to *Hollywood Life*, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris

Brown," a source said.

Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown?

Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher — Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells *GQ* in the July issue about his forthcoming album *Nothing Was the Same*. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."



Kim Kardashian

## Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells *RadarOnline.com*. "She says she feels isolated

and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

### Twitter



@JimGaffigan

Happy Canada Day! It's an honour to have you on toup. Sourry.



@AmandaBynes

I Want A Million Dollars A Year For Illegally Having My Mind Read And Privacy Stolen



@mindykaling

What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help



@Bethenny

When i connect with my girlfriends, i realize we're all hanging on by a thread: sick children, marriage stress, finances etc.

# Doing Disney World is no Mickey Mouse undertaking

## Live and learn.

Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY

elisha.dacey@metronews.ca

Trying to sum up Walt Disney World in one short article is impossible. There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into research. Then I ignored most of it.

Here's what did work for us:

### It's not all sunshine in Orlando

In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying \$21 for plastic Disney ponchos.

### Bring Band-Aids

You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.

### Bring out your running shoes

And don't wear any other kind of shoes. Good thick socks that wick away sweat also help.

### The best investment we made:

Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

### The food isn't that expensive

I saw a lot of complaints about how expensive the food is on various websites, but that's

because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

### However, the food is hit-and-miss

Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

### Use the hotel concierge's services

I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services — it's free — to find reservations at the various parks.

### Remember to nap

Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

### Take a break

We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

### Hug every character, even if you're not a hugger

You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.



Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY



Give lots of hugs. DISNEY

## Camping

### Don't be afraid of the great outdoors



ON THE MOVE  
Loren Christie  
life@metronews.ca

Reluctant to rough it? You don't need to be an experienced adventurer to enjoy camping in Canada. For people who want to get a taste of our country's great outdoors, consider the following:

### Check out Parks Canada's Learn to Camp programs:

They run throughout the summer at various national parks across the country and teach camping related skills like how to set up a tent or cook outside. Ontario Parks has its own version of Learn to Camp that includes a new 'Graduate' session for past participants.

Their programs are overnights that include all camping equipment. You just have to bring your own food, bedding and personal items. A bonus for those without wheels is this sea-

son's expanded Parkbus service leaving from downtown Toronto or Ottawa. Campers can take advantage of this transit service offering direct transportation to beautiful parks like Algonquin and Killarney.

### Sleep in comfort and get off the ground:

Yurts are round tent-like abodes offering urban comforts such as electricity and furniture. They have become quite popular over the last few years in parks from Nova Scotia to British Columbia.

Exclusive to a couple of national parks in Alberta and Quebec, oTENTiks are a cross between an A-frame cabin and a prospector tent mounted on a raised wooden floor, making it warm, dry and cozy.

### Plan in advance:

Whether or not a park requires advance reservations, it's worth making one to ensure you secure the days and spot you want.

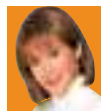
Make a camping equipment checklist. I have a tattered and stained one from 1999 that I dig out

annually. It will help you get organized. Parks Canada has a great checklist app you can download that includes safety tips, recipes and first timer advice. Don't panic if you don't own everything on the list.

Places like Mountain Equipment Co-op rent out big ticket items such as tents, sleeping bags and backpacks. For smaller items, consider borrowing from friends or better yet, invite them and their equipment along. Camping is more fun as a group anyway.



# On a delicious veggie-eating roll



**ROSE REISMAN**  
for more, visit  
rosereisman.com or follow  
her on twitter @rosereisman

Phyllo is a wonderful way to wrap a vegetable and cheese dish like this.

Traditionally, you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative and is available in the refrigerated section of your supermarket.

Working with phyllo is quite easy. Just remember to cover up those sheets you're not using at the time.

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water or in microwave, cook asparagus for 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook for 1

## Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

minute more. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other;

## Asparagus, Red Pepper and Goat Cheese Phyllo Roll



This recipe serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top.

6. Spread cheese mixture over-

top. Add sweet pepper mixture, and place the asparagus spears on top.

7. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under

and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

## Drink of the Week

### Hennessy Ginger Mojito

Simple changes add a gentle spice to this famous summer refresher.

- 1 sprig of fresh mint
- 1.5 oz Hennessy V.S.
- .5 oz lime juice
- .25 oz simple syrup
- Top with ginger ale
- Garnish with mint sprig

Place one mint sprig in the bottom of a shaker tin and press to bruise with a muddler. Add all liquid except ginger ale to the shaker with ice and shake until chilled.



Strain into a Collins glass with fresh ice, top with ginger ale and garnish with a mint sprig. **COURTESY OF HENNESSY**

# Hearty side of vegetarian bites

1. Crepes: In blender, blend eggs, milk, flour, 2 tbsp (30 ml) of butter and salt until smooth. Cover and refrigerate at least 1 hour.

2. Heat 8-inch (20 cm) stick-resistant skillet over medium heat; brush lightly with some of remaining butter. Stir half the chives into batter. For each crepe, pour about 1/3 cup (75 ml) batter into centre of pan, swirling to coat; cook, turning once, until set and light golden,

about 1 minute. Transfer to plate; repeat with remaining batter to make 12 crepes.

3. Filling: In large, wide saucepan, melt 1 tbsp (15 ml) butter over medium-high heat; sauté mushrooms, onion, garlic, half salt, and pepper until golden brown and liquid has evaporated, about 8 minutes. In 2 batches, add spinach, letting each batch wilt before adding next, and stirring often. Once all is wilted, continue to cook

until almost no liquid remains, 5 to 8 minutes. Remove from heat. Stir in rice.

4. In saucepan, melt remaining butter over medium heat; whisk in flour and cook, whisking often, until pale golden, about 2 minutes. Whisk in sherry, cooking 1 minute. Whisk in broth until smooth, then whisk in milk; bring to boil. Reduce heat and simmer, whisking often, until smooth and thickened, about 5 minutes. Whisk in 1 cup (250 ml) of the cheese, the remaining salt and the nutmeg until smooth.

5. Stir 1 cup (250 ml) of the sauce into mushroom mix. Spread 1/2 cup (125 ml) of sauce in greased 13-x 9-inch (3 l) glass baking dish.

6. Preheat oven to 375 F (190 C). With one crepe at a time, spoon about 1/3 cup (75 ml) filling in line along centre of each crepe. Roll up and arrange snugly, seam side down and in single layer, in prepared dish. Drizzle sauce evenly otop. Sprinkle with remaining cheese and chives. Bake, uncovered in oven until golden and bubbly, 35 to 40 minutes. **RICEINFO.COM**

## Side dish. Oven-Roasted Cauliflower with Pesto



**NICOLE MACPHERSON**  
YummyMummyClub.ca

1. Preheat oven to 425 F. In a large bowl, toss cauliflower florets with the 1 tablespoon of olive oil.

2. Spread florets evenly on a rimmed baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.

3. Meanwhile, make the pesto: In a food processor, blend together basil, pine nuts, Parmesan, 2 teaspoons olive oil, and garlic.

4. Remove cauliflower from oven; toss with pesto, serve immediately.

**YUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

## Ingredients

- 1 head cauliflower, broken into florets (approximately 4 cups)
- 1 tbsp olive oil
- Sea salt and cracked black pepper to taste
- 1/2 cup fresh basil
- 1 tbsp pine nuts
- 1 tbsp shredded Parmesan cheese
- 2 tsp olive oil
- 1 clove garlic

## Herbed Crepes with Cheese, Rice, Spinach and Mushrooms



This recipe makes 12 crepes or six servings. **RICEINFO.COM**

## Ingredients

- 4 eggs
- 1 1/2 cups (375 ml) milk
- 1 1/3 cups (325 ml) all-purpose flour
- 1/4 cup (60 ml) butter, melted
- 1/4 tsp (1 ml) salt
- 1/4 cup (60 ml) finely chopped fresh chives
- Filling**
- 1/4 cup (60 ml) butter, melted
- 8 cups (2 l) sliced cremini or white mushrooms
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) ground pepper
- 8 cups (2 l) fresh trimmed spinach leaves
- 1 3/4 cups (425 ml) cooked U.S. brown or white rice
- 1/4 cup (60 ml) all-purpose flour
- 1/2 cup (125 ml) dry sherry, dry white wine, or vegetable broth
- 1 1/2 cups (375 ml) vegetable broth
- 1 1/4 cups (300 ml) milk
- 1 3/4 cups (425 ml) shredded Swiss cheese
- 1/4 tsp (1 ml) ground nutmeg

# When business meets bon voyage

**Work on the fly.** You've just settled into your new job and now you're leaving on a jet plane? What to prepare.

MEGHAN GREAVES

TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in

## Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

and how it not only brought benefits to her company but her career as well.

## Why were you expected to travel as a new grad?

We had just recently formed a partnership with a new client in Cleveland, Ohio. The president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

## What did you have to get in order/prepare to ensure that your business trip went smoothly?

The first step was to plan flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had



Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself. ISTOCK

some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement. Communicating this to my boss also worried me because I thought he might think

less of me. Fortunately he was very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

## How were you successfully able to work well with a new and different team?

My role on this team, as a lead-

er, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

## When travelling, is it important to stay in contact with your manager or boss daily to keep them updated?

Every night I would Skype with my boss to debrief him of the day previous. This was very helpful because he gave me strategies to deal with any issues I might have and how to approach the coming day. It was also important to receive feedback from them about my performance while I was away.

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# On meeting your first meeting head-on

## Sit but don't quit.

Between conference calls and PowerPoint presentations, you may just pick up a few brownie points

MEGHAN GREAVES

TalentEgg.ca

One of the many new things you'll do when starting a new job is attend your very first meeting! Not a big deal right? Well sort of. In the grand scheme of things, it will more than likely not make or break your career. But it is something that you want to tackle properly.

Nobody enjoys sitting for hours on end, in a drab conference room, listening to person after person drone on about something nobody cares about anyway. Luckily, the trend in recent years has been to shorten meetings to make them more efficient, creative and collaborative.

Meetings have become less time consuming, increasingly more team oriented and in general more enjoyable, so they're

## Put your best face forward

Even simply nodding your head when someone makes a good point or smiling at a creative idea shows that you're invested and interested in the meeting.

Meghan Greaves

more productive than ever. Employers understand the importance of facilitating an effective meeting not only for their employees, but the company as a whole.

So, how do you rock the socks off your first meeting, you might ask? Read on to learn how.

## Prepare

This might seem obvious, but "prepare" doesn't mean showing up to the meeting ready to take pages of notes. Be ready to do that, but also think about getting enough sleep the night before to avoid being drowsy half way through, eating at the right time so your tummy doesn't start grumbling and being deeply aware of what the meeting will cover.



Put it in print. Unless a laptop has been approved for the meeting, take notes with a pen and paper. ISTOCK

Here are a couple of other things to think about when preparing for your first meeting:

- Bring in a beverage with you to keep hydrated, such as coffee, tea, juice or water. This way if you get sleepy, hungry, or can't focus, you have something on hand to keep you attentive.
- Turn your cellphone off before the meetings starts.
- Be aware of your nervous habits and try to avoid doing them (i.e., tapping your pen on the

table, tapping your feet, fidgeting, etc.)

- Have all of your materials prepared the day before to ensure you don't forget anything.

## Be present

It's very important to show that you're not only physically present during the meeting, but mentally as well. You can do this by:

- Listening and taking notes as necessary. Try to keep all of

## The grand finale

To wrap up the meeting, the facilitator will likely do a summary of what was discussed, assign tasks and address any concerns. This is also your time to ask any questions you may have.

- Be smart and concise with your comments. "I was just wondering... you had mentioned the deadline for project X, just wondering if I was responsible for the

entirety of the project. Or is anyone else going to be working on it with me? What's the deadline again?" – is not concise.

- Get your thoughts together to address your questions or concerns professionally. For example, "For project X, will I be working individually or collaboratively to have everything done by the deadline?"

your questions until the end when there will likely be a question period. Besides, your question might be answered along the way anyways.

- Showing that you're interested. This shouldn't be difficult, but sometimes when we're nervous we tend to zone out, which to your fellow coworkers can come across as you're not interested. Even simply nodding your head when someone makes a good point or smiling at a creative idea shows that you're invested and interested in the meeting.

## Participate

During your first meeting you likely won't need to say much (phew!).

This doesn't mean you need to stay mute though. By communicating professionally (i.e., get your thoughts together before you speak), you can answer questions when addressed or make comments when appropriate. Remember, keep it short and sweet — don't ramble.

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NHL

## Pens land 8-year deal with Letang

The Pittsburgh Penguins officially agreed to an eight-year contract extension with defenceman Kris Letang on Tuesday.

The \$58-million deal begins with the 2014-15 season and runs through 2021-22. **THE ASSOCIATED PRESS**



Kris Letang GETTY IMAGES

OHL

## Knights to open up exhibition season with pair vs. Sting

The London Knights will kick off the 2013-14 OHL exhibition schedule Aug. 30 when they host the rival Sarnia Sting at Budweiser Gardens.

London will pay Sarnia

a visit Aug. 31 to complete the series. The Knights will take a couple of weeks off, then finish the exhibition schedule with another pair of games against the Plymouth Whalers — Sept. 13 at home and the following night on the road.

The OHL pre-season schedule consists of 49 games total.

**METRO**

IndyCar



## "I love it, it hates me."

James Hinchcliffe on the Honda Indy Toronto. The Oakville, Ont., racer says fans might have to be content with his

three wins on other tracks this season. Last year in Toronto, engine problems stalled him after 27 laps. Hinchcliffe finished 14th in 2011, but was racing in the top 10 after 33 laps before a crash forced him out of contention.

# Seamless transition from Serena to semis for Lisicki

**Wimbledon.** After upset win over defending champ, German moves quick in quarter-finals

If Sabine Lisicki had a letdown after defeating Serena Williams, it didn't show.

If Lisicki is penciling herself into the Wimbledon final, she isn't saying.

Showing no drop-off after her dramatic victory over Williams, the 23rd-seeded Lisicki returned Tuesday and made quick work of a much less intimidating opponent, 46th-ranked Kaia Kanepi, dispatching her 6-3, 6-3 in 65 minutes to advance to her second career Wimbledon semifinal.

"I was ready today," Lisicki said. "I knew from the past, out of experience, that I needed to make the switch quickly to be ready, and that's what I did."

Indeed, Lisicki opened the match by breaking Kanepi's serve in the first game and didn't look back in that set. In the second, she had one hiccup — a game in which she double-faulted three times to drop a break and fall behind 2-1. She broke back right away, however, and won four of the next five games to close out the match.

Elsewhere on Wednesday

The other women's semifinal will pit No. 15 Marion Bartoli of France against No. 20 Kirsten Flipkens of Belgium.

- Flipkens beat eighth-seeded Petra Kvitová 4-6, 6-3, 6-4 to knock the last remaining Grand Slam tournament winner out of the draw.

Now, the 23-year-old German finds herself in the Wimbledon semifinals for the second time in three years. Her win against Williams made her the new, odds-on favourite to win the title and even pushed Britain's favourite player, Andy Murray, off the back pages of a couple London tabloids.

All of which means almost nothing — at least to hear Lisicki tell it.

"Match by match," she said. "Did that from the start and will continue to do that."

Her next opponent is No. 4 Agnieszka Radwanska, who defeated No. 6 Li Na 7-6 (5), 4-6, 6-2 in a match that took more than 3 1/2 hours to complete and included two rain delays, an injury timeout and a final game that lasted more than 10 minutes. **THE ASSOCIATED PRESS**



Sabine Lisicki celebrates match point over Kaia Kanepi on Tuesday at the All England Club. JULIAN FINNEY/GETTY IMAGES

Redemption on grass



## "I never expected this to happen in my life."

Kirsten Flipkens, who upset former Wimbledon champion Petra Kvitová 4-6, 6-3, 6-4 to advance to the semifinals on Tuesday, Flipkens was diagnosed with life-threatening blood clots in both her legs in April 2012. As a result, she missed two months of competition and her ranking nosedived dramatically to No. 262.

Near perfection so far

Neither No. 1-seeded Novak Djokovic nor No. 2-seeded Andy Murray has lost a set heading into the Wimbledon quarter-finals.

- The way it's gone this fortnight, that's quite an accomplishment. Rafael Nadal, a 12-time Grand Slam winner, was beaten in the first round. Roger Federer, owner of a record 17 major titles, went out in the second round, as did four-time major champ Maria Sharapova.
- Djokovic faces Tomas Berdych Wednesday. Murray plays Fernando Verdasco.

# Hernandez linked to 2012 double homicide



Aaron Hernandez at a bail hearing last Thursday in Fall River, Mass. **THE ASSOCIATED PRESS**

Boston police have asked authorities in the Connecticut hometown of Aaron Hernandez for their help with an investigation into a double homicide connected to the former NFL star, police said Tuesday.

Hernandez is already charged with murder in the shooting death of Odin Lloyd, whose body was found June 17 near Hernandez's home in

North Attleborough, Mass.

The request from Boston police in the July 2012 double homicide was based on evidence developed through the investigation of Lloyd's slaying, Bristol Police Lt. Kevin Morrell said. He said police were asked to search the same home in Bristol for both investigations, and a vehicle was seized at the address on Friday.

Two people were killed in the shooting in Boston's south end on July 15, 2012. Witnesses reported seeing people inside a grey SUV with Rhode Island plates open fire on a vehicle carrying the victims, 29-year-old Daniel Jorge Correia de Abreu and 28-year-old Safiro Teixeira Furtado.

Boston police have declined to comment on whether Her-

nandez is being looked at as a possible suspect in that case.

Prosecutors say Hernandez, 23, orchestrated Lloyd's execution-style slaying. They say it happened after the two went to a night club days earlier and Lloyd spoke to people Hernandez didn't want him talking to. Two other men are also facing charges in connection with Lloyd's death. **THE ASSOCIATED PRESS**



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# The 2014 Ford Fiesta



ALL PHOTOS WHEELBASEMEDIA.COM

**Review.** With three options to choose from let's get the party started

**MALCOLM GUNN**  
wheelbasemedia.com

Well, your job just got a little tougher. It's not because the 2014 Ford Fiesta looks better, which it does, it's because this sub-compact sedan/hatchback now includes a thrifty turbo option as well as a hot hatchback with close to 200 horsepower. Decisions, decisions.

Since its 2011-model-year launch, the European-designed, Mexico-built Fiesta, along with its Focus counterpart, has given Ford ample small-car credibility in North America. The four-door sedan — a model created specifically for this continent — offers great looks, but the more youthful hatchback is the one that garners the most attention and is arguably the most practical in terms of passenger and stowage space.

From the nose on back, the Fiesta remains pretty much unchanged. As with most sub-compacts, the car is narrow at the waist and a tight fit for adult-size rear-seat riders. But the interior is also an exercise in good taste, with ergonomic switches and controls and quality seat coverings and door panels, especially on up-level models. While the split rear seat doesn't fold flush with the floor, it's sufficiently flat to give you at least double the capacity compared to the sedan's quite spacious trunk,

- 2014 Ford Fiesta**
- **Type.** Four-passenger-door, front-wheel-drive sub-compact sedan/hatchback
  - **Engines (hp).** 1.6-litre DOHC I4 (120); 1.0-litre DOHC I3, turbocharged (123); 1.6-litre DOHC I4, turbocharged (197)
  - **Base price (incl. destination)** \$15,700

## Design

Ford's stylists have done a major number on the front bodywork. The result is a proboscis that pays tribute to the 2013 Ford Fusion sedan. The open-mouth grille really seems to suit the car and is a significant improvement over the tiny air inlet on the 2013 version.

## Transmission

Fiesta's base 1.6-litre four-cylinder engine that produces 120 (hp) and 112 pound-feet of torque. It hooks to a five-speed manual transmission, or optional six-speed automated manual that does away with the torque converter found in conventional automatics. It shifts all by itself, or manually. It's your call.

## Technology

The Fiesta was given an improved "Sync" communications/infotainment system with upgraded voice command software, more workable hands-free Bluetooth short-range wireless connectivity and an easier-to-use optional navigation system.

even though the hatchback is 33 centimetres shorter.

The base 1.6-litre engine will be joined by an optional 1.0-litre (999 cubic-centimetres, to be precise) three-cylinder powerplant later in the model year. But don't let the diminutive size fool you. This engine is a member of Ford's turbocharged EcoBoost lineup, which has become well-known for extracting maximum power and fuel economy from minimal displacement. In the Fiesta's case, the tiny 1.0 puts out 123 horsepower and, more importantly, 148 pound-feet of torque.

At this point Ford is being coy concerning the littlest turbo's fuel numbers, other than to state that its highway rating will best the base 1.6's 4.9 l/100 km figure. At the opposite end of the spectrum, the new Fiesta ST model promises a lively driving experience for the serious enthusiast. Its turbocharged 1.6-litre engine, which is also available in the Fusion, delivers 197 horsepower and 202 pound-feet of torque.

As with the Focus ST, pro-



The Fiesta's neat dash proves that design detail doesn't cost any more to execute.

iciency in using a six-speed manual gearbox is a must since it's the only transmission available. Other ST components include a blacked-out honeycomb grille, unique 17-inch wheels (15-inch wheels are standard) and rear spoiler, quicker-ratio steering, larger brakes and a sport-tuned suspension. On the inside, heated sport-style cloth bucket seats are standard, but you can upgrade to Recaro-brand front buckets with leather inserts.

To ensure everyone aboard is aware that all 197 horses are working at full gallop,

the ST's engine sounds are actually piped into the cabin using what's called a "Sound Symposer." The ST is on-the-road-priced at about \$26,500, but add another \$2,500 or so for the Recaro seat option. That's about \$10,800 above the price of a basic Fiesta S sedan, but that should be considered pretty reasonable for a sports hatchback possessing that level of power.

Along with the high-strutting ST, the fun-injected Fiesta lineup for 2014 continues to party on for frugal small-car lovers.

## Compare



**1** Mitsubishi Mirage  
Base price: \$13,500



**2** Chevrolet Spark  
Base price: \$13,350



**3** Fiat 500L  
Base price: \$22,500

5 DRIVE



# Shifting manually toward auto enlightenment

**Autopilot.** Pro Indy Car racer says driving stick gives you a proper feel for — and connection with — your car



**AUTO PILOT**  
Mike Goetz  
drive@metronews.ca

To many of us who grew up in earlier decades, or in various foreign lands, learning how to operate a manual transmission was never a choice. If you couldn't shift it, you couldn't drive it. The rise of the automatic transmission has shuffled learning how to "drive stick" into the optional recreational activity category, where you might find things like ice skating, making crafts from macaroni, and yodeling.

But there are lots of voices in the automotive community that believe if you don't learn the fine art of manual shifting you not only miss out on some good clean fun, you also a big part of the driving experience.

"Learning to drive a manual is something that will stay with you forever," says Alex Tagliani. "It gives you a connection to the car... You have a better understanding. It doesn't matter if you then decide to drive an automatic for your everyday car. It will always help you as a driver."

It certainly helped Tagliani. He's been a professional Indy-Car racer for over a decade. He drove at Indy 500 earlier this year (finishing 24th) and will be driving at the Honda Toronto Indy very soon (July 12-14).

Tagliani believes drivers don't have the "feel" they used to, because modern machines are taking over the dicey bits of driving, with stuff like all-wheel-drive, traction control and ABS. Learning to drive manual will help you regain and develop your "feel" for the road, says Tagliani.

He was the surprise guest at a recent Honda Canada event, which was about turning non-shifters into shifters, and promoting the art of shifting in general. Tagliani was taught to drive a stick, when he was 11, by a grandfather he was visiting in Italy. That kind of

passing of the "stick" is not happening today, says Hayato Mori, Product Planning Manager, Honda Canada.

"Parents don't drive manuals, so their kids don't drive manuals... Ask any 25 to 30-year old, 90 percent of them have yet to experience a manual."

Some mainstream automakers have decreased their manual offers, and the super exotic sports cars are increasingly going with "clutchless" transmissions (computers can simply shift gears faster than humans, end of story).

But Honda, Mazda and VW seem determined to keep the lights on. Honda offers manuals on Fit, Civic, Accord and CR-Z (the only hybrid available with a stick). About 20 per cent of those models are sold with manual transmissions — a percentage that seems to be holding. At the session I attended, trainers successfully got complete newbie's shifting within an hour. If you're not shifting yet, what's stopping you? To get you started, check out our sidebar of helpful hints, provided by the Honda Canada trainers.



Long live the stick appears to be Honda's motto.

## Let's learn shifting

- But not from loved ones — too much baggage.
- Pick a big parking lot and stick with it, there will be ups and downs. If you're not having fun you're not learning.
- One day should do it.
- From a standing start, let clutch out slowly, with no gas, modern cars have lots of torque at idle and their engines rarely stall.
- Don't drive with your foot on the clutch. Only three clutch-foot moves: pushed to the floor to engage, out slowly after engaging next gear, then on the dead pedal.
- Adjust seat so you are able to depress clutch pedal all the way to the floor with still some bend left in the knee.
- Most common rookie mistake: forget to engage clutch when braking to a stop. When in doubt, both foot out.

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## Horoscopes

### Aries

March 21 - April 20

Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

### Taurus

April 21 - May 21

Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

### Gemini

May 22 - June 21

Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

### Cancer

June 22 - July 23

Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

### Leo

July 24 - Aug. 23

You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

### Virgo

Aug. 24 - Sept. 23

Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

### Libra

Sept. 24 - Oct. 23

It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

### Scorpio

Oct. 24 - Nov. 22

Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

### Sagittarius

Nov. 23 - Dec. 21

Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

### Capricorn

Dec. 22 - Jan. 20

You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

### Aquarius

Jan. 21 - Feb. 19

Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

### Pisces

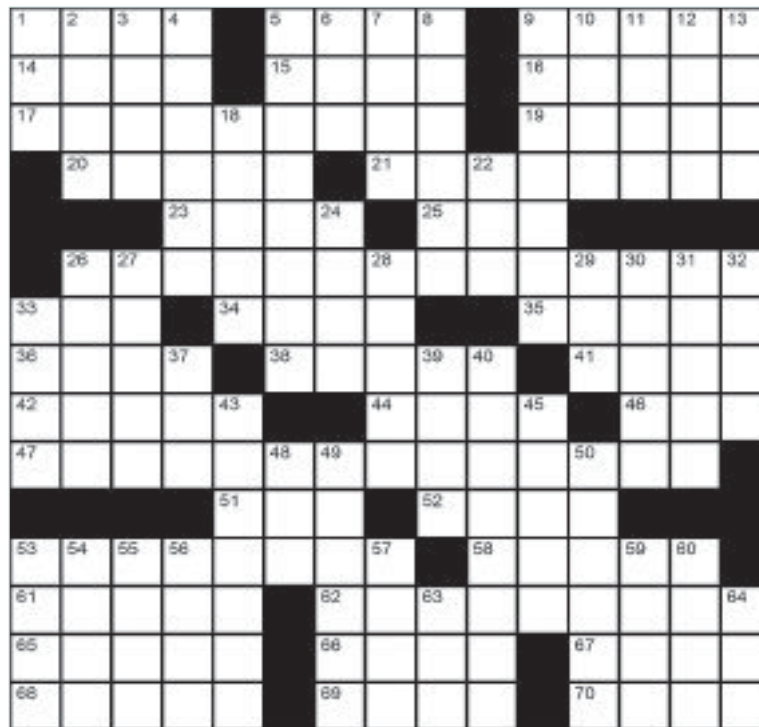
Feb. 20 - March 20

If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Ms. Amos
- Bird's flying move
- Macaroni & Cheese = Dinner
- Shakespeare's river
- James (Co-writer of Broadway musical Hair)
- Viking chieftain of Normandy
- Celebrity photo takers
- Bernie's co-songwriter
- Town just south of Edmonton
- Address spot
- Inquires
- Prof's helpers
- Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
- Lay the grass
- Burden
- God in Arabic
- Ms. Sedgwick
- Fairy tale name
- Ballet movement
- Sewing cases
- Ancient region of Europe
- Stop
- 'Sugar-Free Gum' ...en francais: 3 mots
- Scientific spot, shortly
- Prong
- Track racing vehicle: 2 wds.
- Chili con



- Garlic mayonnaise
- Beach's refreshing wind: 2 wds.
- Type of comic book artist
- Fashion designer, Marc
- Magic spell beginning...
- Verbally agree,

- 3 wds.
- Divisive method of gas and oil extraction
- Boy (Recliners brand)
- Carpentry tool, variantly
- Montreal suburb, -Claire
- Canadian R&B

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku

8	5	2	1	6	4	9	7	3
6	4	7	9	3	2	5	8	1
1	3	9	7	5	8	4	6	2
9	2	1	4	8	3	7	5	6
3	6	8	5	7	1	2	4	9
4	7	5	2	9	6	3	1	8
7	8	4	3	1	9	6	2	5
5	9	6	8	2	7	1	3	4
2	1	3	6	4	5	8	9	7

6				4				1
	1				5	3	4	
	7		9	6				
	6					9		
3		9				2		5
		4					8	
				2	4			5
	4	1	8				7	
8				3				2

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Three Dog Night's "the World"
- Tight as
- Peaceful hand signal
- "Lucky Man" rock gr.
- Aunt in Oklahoma!
- "Rawhide" by Frankie
- Backyard building
- Keel part
- Point
- Sailboat part
- Instrumental hit for Canadian musician Frank Mills: "Dancer"
- Manitoba city; or, BC mountain range
- Of the moon
- Cul-de-
- Puts down
- Shreddies
- "Je ne \_ quoi."
- Bryan's "It's Only Love" duettist
- Bit of "The Addams Family" theme: "...mysterious and spooky / They're all together \_"
- Liz Taylor role in '63
- Prefix with 'angle'
- Biblical mount
- Poet Mr. Pound
- Alias letters
- Suffix with 'Jacob'

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Thursday

25°/19°

Showers

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